

## LASAGNA A LA MOM



CLOUDY

Serves:

### DIRECTIONS:

1. Mix the ricotta and Parmesan cheeses, egg, and parsley.
2. Add the salt, pepper, and nutmeg.
3. Butter a 13- by 9- by 2-inch baking pan and dot with little bits of the tomato sauce.
4. Place a layer of noodles over the bottom of the pan. Try not to overlap them!

### INGREDIENTS:

2 cups low-fat ricotta cheese  
1/2 cup grated Parmesan cheese  
1 egg, lightly beaten  
1/4 cup chopped fresh parsley  
Salt and pepper to taste  
Dash of nutmeg  
2 tablespoons butter  
2-1/2 cups spaghetti sauce  
1/2 pound lasagna noodles, cooked  
according to package directions.

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5. Spread half of the ricotta mixture over the noodles, then the tomato sauce, then the Mozzarella.
6. Keep layering and finish with a layer of noodles, the remaining sauce, and a sprinkle of Parmesan.
7. Now the lasagna is ready to be refrigerated, frozen,

### INGREDIENTS:

1/2 pound Mozzarella cheese, grated

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### DIRECTIONS:

- or baked.
- 8. Bake in a preheated 375° oven for 20 minutes, or until hot and bubbling.
- 9. Take it out of the oven and let it settle for 10 minutes before slicing it.

Lasagna Ideas:

A. Spinach Lasagna:

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### DIRECTIONS:

- Defrost and drain a 10-ounce package of frozen spinach and spread it over the ricotta layers.
- B. Turkey Sausage Lasagna: Cook 1/2 pound ground turkey sausage and layer it on top of each of the ricotta layers.



Lasagna, spaghetti, rigatoni - there are so many types of pastas!  
Each year, Americans eat two billion pounds of it!